

## WESTPORT CENTER FOR SENIOR ACTIVITIES SPRING 2022 CLASSES

The WCSA is pleased to offer classes in-house, hybrid and on Zoom! **To register for any of the classes listed below**, the WCSA offers online registration at [www.myactivecenter.com](http://www.myactivecenter.com). Staff will also help you register over the phone. You may pay by credit card or by check made out to WCSA and mailed to: Westport Center for Senior Activities, 21 Imperial Ave., Westport, CT. 06880. Please note: Some classes have limited space and will be filled on a first come, first served basis. Registration is on-going throughout the quarter. There is a locked drop box located outside the front door of the WCSA for your convenience to drop off your checks and registration forms. Class descriptions are available on the WCSA website: [Click Here \(www.westportct.gov/seniorcenter\)](http://www.westportct.gov/seniorcenter)

WCSA Art Classes	Cost	Instructor	Dates	Location	Total sessions	No Class Dates
3-D Origami w/Nor Wed. 10:00-12:00 pm	\$10	Nor Smitobol	4/6-6/29	In house	13	
Abstract Art Mon. 1:30-3:00 pm	\$48	Althea Erikson	4/4-6/27	In house	12	5/30
Beading/Jewelry/Stained Glass Fri. 10:00-12:00 pm	\$40	Kyra Avalotis	4/8-6/10	In house	10	
Bringing the Outdoors In Thurs. 1:00-3:00 pm <i>Limit 20</i>	\$40	Chris Goldbach	4/7-6/30	Zoom	10	5/5,5/12,6/2
Drawing Flowers Tues. 1:00-3:00 pm <i>Limit 18</i>	\$24	Dick Rauh	4/5-5/10	Zoom	6	
Drawing Flowers Tues. 1:00-3:00 pm <i>Limit 18</i>	\$24	Dick Rauh	5/24-6/28	Zoom	6	
Knit One Nibble One Tues. 1:00-3:00 pm	\$0	Ellen Lane	4/5-6/28	In house	13	
Mastering the Medium Fri. 1:30-3:30 pm	\$52	Linda McKie-McCellan	4/1-6/24	In house	13	
Open Art w/Nor Thurs. 10:00-12:00 pm	\$0	Nor Smitobol	Every Thurs.	In house	13	
Open Craft Wed. 1:00-3:00 pm	\$0	Susan Barttersby	Every Wed.	In house	13	
Portrait Painting Thurs. 4:00-6:00 pm <i>Limit 20</i>	\$40	Chris Goldbach	4/7-6/30	Zoom	10	5/5,5/12,6/2
Tom's Open Art Tues. 10:00-11:00 pm	\$0	Nor Smitobol	Every Tues.	In house	13	
Ukulele Intermediate Level Tues. 12:30-1:30 pm <i>Limit 9</i>	\$52	Uncle Zac	4/5-6/28	In house	13	
Watercolor Techniques Fri. 10:00-12:00 pm <i>Limit 12</i>	\$32	Lisa Arnold	4/1-5/20	In house	8	

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WCSA Exercise Classes	Cost	Instructor	Dates	Location	Total sessions	No Class Dates
Aquacise Tues. 11:40-12:20 pm <i>Limit 15</i>	\$32	Ruth Sherman	6/28-8/16	Long-shore	8	
Aquacise Thurs. 11:40-12:20 pm <i>Limit 15</i>	\$32	Ruth Sherman	6/30-8/18	Long-shore	8	
Balance, Boxing and Bands, Thurs. 1:15-2:15 <i>Limit 10</i>	\$52	Judy Samuels	4/7-6/30	In-house	13	
Boxing Tues.3:00-4:00 pm. <i>Limit 8</i>	\$52	Dan Lewis	4/5-6/28	In-house	13	
Cardio Strength Fri. 9:30-10:30 am <i>Limit 10</i>	\$52	Shelley Moll	4/1-6/24	Hybrid	13	
Cardio, Stretch & Mobility Mon. 3:15-4:15 pm. <i>Limit 8</i>	\$40	Beth Dalen	4/4-6/27	In-house	10	5/16, 5/23, 5/30
Cardio, Stretch & Mobility Thurs. 1:00-2:00 pm. <i>Limit 8</i>	\$44	Beth Dalen	4/7-6/30	In-house	11	5/19,5/26
Cardio,Stretch & Mobility Wed. 1:45-2:45 pm. <i>Limit 7</i>	\$52	Karen Liss	4/6-6/29	In-house	13	
Chair Aerobics Thurs. 9:30-10:15 am. <i>Limit 24</i>	\$26	Shelley Moll	4/7-6/30	In-house	13	
Chair Aerobics Tues. 9:30-10:15 am. <i>Limit 24</i>	\$26	Shelley Moll	4/5-6/28	In house	13	
Dance & Stretch Tues. 1:00-2:00 pm. <i>Limit 14</i>	\$48	Sandy Adamczyk	4/5-6/28	In house	12	5/3
Essentrics/Gentle Stretch Mon. 11:30-12:30 pm. <i>Limit 10</i>	\$48	Dyan DeCastro	4/4-6/27	In house	12	5/30
Exercise for Body-Awareness and Relaxation Wed. 1:00-2:00 pm	\$24	Ruth Winnick	5/11-6/15	In house	6	
Flamenco Dancing Wed. 1:00-2:00 pm <i>Limit 10</i>	\$16	Penny Pearlman	4/13-5/4	In house	4	

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WCSA Exercise Classes	Cost	Instructor	Dates	Location	Total sessions	No Class Dates
Functional Fitness Fri. 10:30-11:30 am. <i>Limit 8</i>	\$52	Shelley Moll	4/1-6/24	In house	13	
Functional Fitness Fri. 12:30-1:30 pm. <i>Limit 8</i>	\$52	Karen Liss	4/1-6/24	In house	13	
Functional Fitness Fri. 2:00-3:00 pm. <i>Limit 8</i>	\$52	Karen Liss	4/1-6/24	In house	13	
Functional Fitness Wed. 10:30-11:30 am. <i>Limit 8</i>	\$52	Shelley Moll	4/6-6/29	In house	13	
Functional Fitness Wed. 12:30-1:30pm. <i>Limit 8</i>	\$52	Shelley Moll	4/6-6/29	In house	13	
Functional Fitness Mon. 10:30-11:30 am. <i>Limit 8</i>	\$48	Shelley Moll	4/4-6/27	In house	12	5/30
Functional Fitness Mon. 12:30-1:30 pm. <i>Limit 8</i>	\$48	Shelley Moll	4/4-6/27	In house	12	5/30
Functional Fitness Thurs. 8:45-9:45 am. <i>Limit 8</i>	\$52	Judy Samuels	4/7-6/30	In house	13	
Functional Fitness Thurs. 10:00-11:00 <i>Limit 8</i>	\$52	Judy Samuels	4/7-6/30	In house	13	
Functional Fitness Thurs. 11:00-12:00 pm. <i>Limit 8</i>	\$52	Judy Samuels	4/7-6/30	In house	13	
Functional Fitness Tues. 9:00-10:00 am. <i>Limit 8</i>	\$52	Judy Samuels	4/5-6/28	In house	13	
Functional Fitness Tues. 11:00-12:00 pm. <i>Limit 8</i>	\$52	Judy Samuels	4/5-6/28	In house	13	
K-Fit Strength & Core (SWCAA) Mon. 10:00-11:00 am. <i>Limit 14</i>	Donation	Patty Kondub	4/4-6/13	In house	10	5/30
K-Fit Strength & Core (SWCAA) Thurs. 9:30 - 10:30 am. <i>Limit 14</i>	Donation	Patty Kondub	4/7-6/23	In house	10	6/2,6/9

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WCSA Exercise Classes	Cost	Instructor	Dates	Location	Total sessions	No Class Dates
Mind & Muscle (SWCAA) Wed. 1:00-2:00 pm. <i>Limit 24</i>	Donation	Patty Kondub	4/6-6/15	In house	10	6/8
Muscle & Tone Fri. 11:30-12:30pm. <i>Limit 8</i>	\$52	Karen Liss	4/1-6/24	In house	13	
Muscle & Tone Mon. 11:30-12:30 pm. <i>Limit 8</i>	\$48	Shelley Moll	4/4-6/27	In house	12	5/30
Muscle & Tone Tue. 10:00-11:00 am. <i>Limit 8</i>	\$52	Judy Samuels	4/5-6/28	In house	13	
Muscle & Tone Wed. 11:30-12:30 pm. <i>Limit 8</i>	\$52	Shelley Moll	4/6-6/29	In house	13	
Parkinson's Fitness Wed. 10:15-11:00 am. <i>Limit 24</i>	\$0	Ruth Sherman	4/6-6/29	In house	10	4/27,5/25,6/22
Pilates Mat for Strength and Flexibility Tues. 10:30-11:30 am. <i>Limit 18</i>	\$44	Charlene Erwin	4/5-6/28	In house	11	5/24,5/31
Pilates Mat for Strength and Flexibility Thurs. 10:30-11:30 am. <i>Limit 18</i>	\$44	Charlene Erwin	4/7-6/30	In house	11	5/19, 5/26
Rise & Shine Yoga Sat. 8:45-9:45 am.	\$52	Paula Schooler,RN	4/2-6/25	Zoom	13	
Strength Training Mon. 1:00-2:00 pm. <i>Limit 10</i>	\$44	Sandy Adamczyk	4/4-6/27	In house	11	5/2, 5/30
Strength, Stretch & Core Wed. 3:00-4:00 pm. <i>Limit 8</i>	\$52	Karen Liss	4/6-6/29	In house	13	
Strength Training Fri. 10:00-11:00 am. <i>Limit 14</i>	\$48	Sandy Adamczyk	4/1-6/24	In house	12	5/6

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WCSA Exercise Classes	Cost	Instructor	Dates	Location	Total sessions	No Class Dates
Strength, Stretch & Core Mon. 2:00-3:00 pm. <i>Limit 8</i>	\$40	Beth Dalen	4/4-6/27	In house	10	5/16, 5/23, 5/30
Strength, Stretch & Core Thurs. 2:15-3:15 pm. <i>Limit 8</i>	\$44	Beth Dalen	4/7-6/30	In-house	11	5/19,5/26
Tai Chi Advanced Fri. 11:15-12:15 pm. <i>Limit 10</i>	\$52	Mari Lewis	4/1-6/24	Hybrid	13	
Tai Chi Advanced Tues. 2:30-3:30 pm. <i>Limit 10</i>	\$52	Mari Lewis	4/5-6/28	Hybrid	13	
Tap Dancing Thurs. 1:00 - 2:00 pm. <i>Limit 12</i>	\$48	Sandy Adamczyk	4/7-6/30	In house	12	5/5
Weights in Motion Mon. 9:30-10:30 am. <i>Limit 10</i>	\$48	Shelley Moll	4/4-6/27	Hybrid	12	5/30
Yoga for Movement Disorders Tues. 11:15-12:15 pm <i>Limit 12</i>	\$52	Paula Schooler,RN	4/5-6/28	In house	13	
Yoga for Strength, Relaxation & Rejuvenation Sat. 10:00-11:00 am.	\$48	Maria Vailakis-Wippick	4/2-6/25	Zoom	12	4/16
Yoga For Wellbeing Tues. 7:45-8:45 am. <i>Limit 12</i>	\$52	Paula Schooler,RN	4/5-6/28	Hybrid	13	
Yoga Very Gentle, Chair Sat 11:15-12:15 pm.	\$48	Maria Vailakis-Wippick	4/2-6/25	Zoom	12	4/16
Yoga, Total Health Fri. 8:45-9:45 am. <i>Limit 14</i>	\$52	Denise O'Hearn	4/1-6/24	Hybrid	13	
Yoga, Total Health Wed. 8:45-9:45 am. <i>Limit 14</i>	\$52	Denise O'Hearn	4/6-6/29	Hybrid	13	
Yoga, Total Health Mon. 8:45-9:45 am. <i>Limit 14</i>	\$48	Denise O'Hearn	4/4-6/27	Hybrid	12	5/30
Zen Flow Wed. 9:30-10:30 am. <i>Limit 10 in-house</i>	\$52	Shelley Moll	4/6-6/29	Hybrid	13	
Zumba Gold Wed. 10:30-11:30 am.	\$52	Karen Liss	4/6-6/29	Zoom	13	

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WCSA Language & Games	Cost	Instructor	Dates	Location	Total sessions	No Class Dates
BINGO Thurs. 1:15-2:30 pm.	\$0	Doug Brill	Every Thurs.	In house	13	
Bridge One Part II Mon. 1:30-2:30 pm. <i>Limit 16</i>	\$32	Michael Hess	4/4-5/23	In house	8	
Bridge Intermediate Wed. 2:30-4:00 pm. <i>Limit 16</i>	\$32	Michael Hess	4/6-5/25	In house	8	
Mahjong - 2022 card included Mon. 1:45-3:15 pm. <i>Limit 16</i>	\$58	Shelley Moll	4/4-6/27	In house	12	5/30
French Conversational Wed. 10:30-11:30 am. <i>Limit 10</i>	\$52	Nell Mednick	4/6-6/29	In house	13	
French , Intermediate Wed. Noon-1:30 pm. <i>Limit 10</i>	\$52	Nell Mednick	4/6-6/29	In house	13	
Tech Club Thurs. 3:15-4:15 pm.	\$0	Jeanette & Mikhail	Every Thurs.	In house		

WCSA Support Groups	Cost	Instructor	Dates	Location	Total sessions	No Class Dates
Alzheimer's Support/Early Onset Tues. 11:00-12:00 pm.	\$0	Heather Gately	4/12, 5/10, 6/14	In house	3	
Caregiver Support (SWCAA) Wed. 10:00-11:00 am <i>Limit 15</i>	Donations accepted	Terry Giegengack	4/6, 4/20, 5/4, 5/18, 6/1, 6/15	Zoom	6	
Happiness through Mindfulness Meditation Thurs. 11:00-12:00pm.	\$0	Dr. Paul Epstein	4/7-5/12	In house	6	
Coffee with Kaila Tues. 10:15-11:15 am.	\$0	Kaila Morgan	4/12, 4/26, 5/3, 5/17, 6/7, 6/21	In house	6	
Letting Go of Stress Wed. 1:30-2:30 pm. <i>Limit 15</i>	\$0	Deidre Ekholdt	4/6, 5/4, 6/1	In house	3	
Parkinson's Support Wed. 10:15-11:00 am.	\$0	Maureen Matuszewski & Alison Smith	4/27, 5/25, 6/22	In house	3	

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WCSA Discussion Groups	Cost	Instructor	Dates	Location	Total sessions	No Class Dates
Contemporary Issues Mon. 10:30-11:30 am.	\$0	Art Gottlieb	4/4, 4/18, 5/2, 5/16, 6/6, 6/20	Zoom	6	5/30
Book Discussion with Art Gottlieb Wed. 10:30-11:30 am. <i>Limit 14</i>	\$36	Art Gottlieb	4/20-5/25	In house	6	
Current Events Tues. 10:30-12:00 pm. <i>Limit 14</i>	\$0	Jon Fox	4/5-6/28	In house	13	
Shakespeare Discussion Group: Mon. 10:30-12:00 pm. <i>Limit 12</i>	\$8	Diane Lowman	5/9,6/13	In-house	2	
Shelf Awareness Book Club Wed. 2:00-3:30 pm.	\$0	Jill Meyer	4/13, 5/11, 6/8	In-house	3	



**The WCSA will be Closed on Monday, May 30  
for the Memorial Day Holiday**

### Memorial Day History Facts

- Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971.
- The date of Decoration Day was chosen because it wasn't the anniversary of any particular civil war battle and so that flowers would be in bloom to place at soldiers graves.
- On the first Decoration Day, General James Garfield made a speech at Arlington National Cemetery, and 5,000 participants decorated the graves of the 20,000 Civil War soldiers buried there.
- More than 20 towns claim to be the holiday's 'birthplace'—but only one has federal recognition. In 1966, 100 years after the town of Waterloo, New York, shuttered its businesses and took to the streets for the first of many continuous, community-wide celebrations, President Lyndon Johnson signed legislation, recently passed by the U.S. Congress, declaring the tiny upstate village the "official" birthplace of Memorial Day.





# Westport Center for Senior Activities

## Registration Worksheet Spring 2022

Registration for the Spring, 2022 semester (April—June) can be done on [MyActiveCenter.com](https://www.myactivecenter.com), by calling the WCSA at 203-341-5099, or by mailing or dropping off in our locked drop box, your completed registration form with a check made out to WCSA. If you register by phone or online, you must pay with a credit card at the time of purchase. Credit card transactions are subject to an additional convenience fee of 2.85%. Phone registrations will be available from 8:30 AM to 4:30 PM, Monday through Friday. Please do not leave your registration requests on the answering machine as they will not be honored. *Please note: A \$10.00 late fee will be added for anyone registering after March 31 for any class that runs the entire semester.* Scholarships for Westport residents are available by contacting WCSA Director, Susan Pfister at 203-341-5098. All scholarship requests will be confidential. If you are registering for more than one class and paying by check, one check may be written for the sum of the registration fees.

<u>Class</u>	<u>Day(s)</u>	<u>Time(s)</u>	<u>Instructor</u>	<u>Fee</u>
				\$
LATE FEE...				
TOTAL PAYMENT DUE.....				\$

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Westport Resident? \_\_\_\_ Yes \_\_\_\_ No Date: \_\_\_\_\_

\*Email address: \_\_\_\_\_

*\*Required for all online classes*

Would you like to subscribe to our weekly Constant Contact listing upcoming events via e-mail?  
 \_\_\_\_ Yes \_\_\_\_ No \_\_\_\_ Already registered